

Nutrition Minor

Nutrition Minor Requirements

22 Credits

Code	Title	Hours
Nutrition Minor Core Courses (Required)		
FSHD 1002	Introduction to Nutrition Careers	1
FSHD 1020	Sci Foundations of Nutrition (LS)	3
FSHD 2020	Nutrition in the Life Cycle <small>Prerequisite: FSHD 1020</small>	3
FSHD 3400	Current Issues in Human Development and Family Studies	3
Choose six (6) credits from the following:		
FSHD 2045	Physical Activity, Nutrition, & Health in Aging	3
FSHD 2120	Infant and Child Nutrition <small>Prerequisite: FSHD 1020</small>	3
FSHD 2480	Intuitive Eating	3
FSHD 2720	Healthy Weight Management	3
Choose six (6) upper division elective courses		
FSHD 3040	Nutrition Assessment <small>Prerequisite: FSHD 1020 and FSHD 2020</small>	3
FSHD 3240	Nutrition to Prevent Chronic Disease	3
FSHD 3640	Nutrition for Mental Well-Being	3
FSHD 4480	Community Nutrition <small>Prerequisite: FSHD 1020 and FSHD 2020</small>	3
FSHD 4500	Family Life Education Methodology <small>Prerequisite: FSHD 2660 and FSHD 3300 or instructor Approval</small>	3

1. Course Fee Required. See Course Fee Tab (<https://catalog.utahtech.edu/programs/family-studies-and-human-development/nutrition-minor/Zoom> link: <https://utahtech-edu.zoom.us/j/2882317124/>) for details.

Completion Requirements

- Students need to declare Nutrition as their minor with their advisor.
- Complete all courses that fulfill requirements in the minor with a grade C- or higher.
- A minimum of 6 elective credits must be upper-division.

Notes

An academic minor is an attribute of a baccalaureate degree, not an entity by itself, and can only be awarded at the same time a student graduates with a bachelor's degree. Students must declare a minor prior to submitting a graduation application. A minor may not be added to a previously awarded degree. Students must complete the minor requirements prior to or concurrent with completion of their bachelor's degree requirements. Minors are not available with associate's degrees.

Students may not declare a minor that is in the same discipline as their major. Example: English majors cannot declare any English minor.

Integrated Studies majors may not have an academic minor in the same discipline as either of their two declared emphases. Example: An Integrated Studies major with emphases in English and Spanish cannot receive a minor in either English or Spanish.